



Beer battered Cone Bay Barramundi and chips

cone bay salt water
barramundiTM

AUSTRALIA'S PREMIER OCEAN BARRAMUNDI



Beer battered Cone Bay Barramundi and chips

Cooking time 20mins - Serves 2

Ingredients:

*400g Cone Bay Barramundi sliced
flour for dusting*

*2 bottles of mid strength beer
2 cups plain flour*

*200g McCain's Beer Battered Chips
salt
lemon wedges*

To make batter:

Mix flour with wooden spoon and gradually add beer a little at a time until lumps are worked out. Add remainder of beer, then use whisk to mix thoroughly. Set aside on a bowl of ice or leave in fridge until needed.

Method:

1. *Preheat fryer to 180 degrees.*
2. *Lightly dust fish in flour.*
3. *Drop into batter.*
4. *Make sure you have a tray with some absorbent towel ready.*
5. *Lay fish into oil one at a time being careful not to splash.*
6. *Cook for 2 to 3 mins or until golden.*
7. *Take out and put on paper.*
8. *Arrange on plate with lemon cheek, sea salt and chips.*



Japanese Cone Bay Barramundi

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AUSTRALIA'S PREMIER OCEAN BARRAMUNDI



Japanese Cone Bay Barramundi

Cooking time 20mins - Serves 6

Ingredients:

200g skinless Cone Bay Barramundi fillet
150ml canola oil
50g rice flour

Salad:

20g pickled ginger julienned
50g mizuna lettuce
50g shaved carrot
10g coriander leaves
20g enoki mushrooms

Dressing:

50ml soy sauce
50ml mirin
50ml rice wine vinegar
30ml grapeseed oil
1/2 garlic clove crushed
1 lime juiced

Method:

1. To make the dressing put all ingredients together in a jar and shake well.
2. Prepare salad remembering that all ingredients need to be cut fine and small, keep salad items separate ready to mix later.
3. Dice barramundi into 2cm x 2cm squares and marinade in dressing for about 10mins.
4. Heat up pan and add canola oil, be sure not to over heat the oil.
5. Dust barramundi in flour and gently lower it into the oil, cook for about 2 mins continuously turning the fish thus to get an even colour.
6. Take out and drain on absorbent paper then arrange in chinese serving spoons, mix salad together and place on top of warm barramundi.



Cone Bay Barramundi with new age Greek salad

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AUSTRALIA'S PREMIER OCEAN BARRAMUNDI



Cone Bay Barramundi with new age Greek salad

Cooking time 15mins - Serves 4

Ingredients:

4x200g skin on Cone Bay Barramundi
100g plain flour
100ml olive oil

Salad:

4 ripe roman tomatoes
2 lebanese cucumbers
1 spanish onion
1 red capsicum
100g baby cos lettuce leaves
8 kalamata olives
100g Tarago River sheep's milk feta
 $\frac{1}{4}$ bunch Italian parsley

Dressing:

80ml freshly squeezed lemon juice
80ml white wine vinegar
100ml extra virgin olive oil
1 clove garlic chopped
1 pkt oregano chopped
salt & pepper to taste

Method:

1. Mix all the ingredients for the dressing together and whisk well.
2. Dice up salad and mix in bowl, don't season with salt and pepper until you are about to serve.
3. Heat your frying pan up to a medium heat, season barramundi with salt and pepper, then dust it in flour.
4. Add olive oil to pan and lay barramundi into heated pan and cook for about 2 to 3 minutes.
5. Turn barramundi with a fish slice and proceed to cook for a further 2 to 3 minutes.
6. Take fish out of pan and let rest in a warm spot.
7. Mix dressing with salad and season with salt and pepper.
8. Arrange salad on plate and finish with barramundi and a drizzle of extra virgin olive oil.



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